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## Home Remedies for Wet Cough

By

[admin](#)

– April 22, 2010 Posted in: [Health Home Remedies](#)

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Cough is the most common health disorder that everyone faces at some time or the other in life. Cough is of two types: Wet and dry cough.

In **dry cough**, mucus or phlegm is not present. It is just a feeling of dryness in throat and pain.

**Wet cough** is when cough is accompanied with mucus or phlegm. Phlegm is the most disgusting and causes a lot of discomfort which may interrupt your social engagements and daily activities.

This article gives information regarding several home remedies for curing wet cough.

#### Home Remedies for Wet Cough:

The following are some useful natural remedies for wet cough.

- **Fluids:** Drink more fluids as these keep your body hydrated. This also causes thinning of the phlegm which makes it more easier to excrete it.
- **Salt water:** Gargle with salt water to soothe the throat and also for thinning out secretions. Add 1 tablespoon of salt and a pinch of baking soda to a cup of water. Stir well and gargle several times. Do not expose yourself to cold weather.
- **Ginger:** This is a good remedy for wet cough. Peel a piece of ginger and chew it. Or drink ginger tea.
- **Honey:** Extract ginger juice and add honey to it. Consume this thrice a day. This is an effective remedy for cough.
- **Onions:** Onion helps in thinning out the mucus or phlegm. Extract juice from 1 onion. Add 1 tablespoon each of honey and onion juice. Mix well and leave it for 4 – 5 hours. Take onion syrup twice a day for good results.
- **Turmeric:** Mix well 1 tablespoon of honey and a pinch of turmeric powder. Take this mixture thrice a day. This gives relief from cold in a day or two.
- **Almonds:** Soak 7 – 8 almonds in kernels overnight. Peel and ground them to make a paste. Add butter and 20 gms of sugar and grind again to make a fine paste. Have this two times a day. This is one of the good remedies

for wet cough.



Written by: [admin](#) on April 22, 2010.

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